

## MASTER CLASS :: Core Skills in Dialectical Behavior Therapy®

16 hours on demand with Annie McCall, MA, LMHC

**This online, on demand video series has two parts:**

- *Part One: How to Teach Core Skills in DBT :: 12 Hours On Demand*
- *Part Two: How to Structure and Run Skills Training Groups :: 4 Hours On Demand*

### ABOUT DIALECTICAL BEHAVIOR THERAPY

Dialectical Behavior Therapy (DBT) is a multi-modal cognitive-behavioral treatment with over 15 randomized controlled trials (RCT's) demonstrating its effectiveness in treating multiple diagnoses and problems directly related to emotion dysregulation. The original RCT's were conducted on Standard DBT which includes weekly individual DBT psychotherapy, weekly Skills Training Group and telephone consultation, as needed, for individuals and weekly consultation for the therapists/clinicians providing the treatment. The RCT's on Standard DBT showed significant decreases for DBT clients in suicidal behavior, drop out from treatment, emergency department visits, inpatient medical/psychiatric admissions, non-suicidal self-injurious behaviors and substance abuse as well as hopelessness, depression, anger, dissociation, anxiety and an increase in global functioning and life satisfaction.

### ABOUT SKILLS TRAINING

Skills Training Group is a psychoeducational group that is designed to teaching clients new behaviors (skills) practice those new skills and generalize the skills into the clients' natural environments. It is a mode of Standard DBT. To date, 22 RCT's have been conducted on Skills Training Only (STO), where clients did not receive the other modes of the treatment. The populations in the STO studies include bulimia, binge-eating disorder, major depressive disorder, bipolar disorder attention deficit/hyperactivity disorder and have been males and females, adults and adolescents. The significant outcomes of the STO studies have included decreases in depression, anxiety, anger, treatment drop out, binging/purging, hopelessness and increases in emotion regulation, interpersonal satisfaction, mastery and social adjustment.

Whether clinicians/systems provide Standard DBT or DBT Skills Training Group Only, all clinicians who are providing any mode of the treatment (individual psychotherapy, skills training, skills coaching, DBT case management or prescribing), must know the DBT behavioral skills and how to teach them to others.

### ABOUT THIS COURSE

Part One focuses on teaching the skills. Annie McCall will provide helpful tips for using the two skills training manuals (DBT Skills Training Manual, 2<sup>nd</sup> Edition and DBT Skills Training Handouts and Worksheets, 2<sup>nd</sup> Edition). She will provide demonstrations, examples and practices for the skills as well as potential pitfalls in teaching the skills. This first 12 hours is practical material for anyone who will be teaching, coaching or utilizing skills with clients (individual psychotherapists, skills trainers, case managers, coaches, prescribers).

The first 2 hours of the Part Two will teach how to set up a group, getting clients oriented to skills training group, explaining the group guidelines/rules and how to assign homework. Participants will be assigned homework between the first and second classes. The second 2 hours will demonstrate how to conduct

homework review in skills training and how to treat behaviors that interfere with group as well as behaviors that threaten to destroy the group.

Core Skills in DBT® will provide 16 hours that may be used toward the 40 hours of training required for DBT certification ([www.dbt-lbc.org](http://www.dbt-lbc.org)). Clinicians who have attended or plan to attend our 28.75 hour *5 Day Jump Start in Dialectical Behavior Therapy*® can use these 16 hours toward certification as well as a means to learn Skills Training that is not covered in detail in the Jump Start.

## WHO SHOULD ATTEND

Both parts of this course would be beneficial for new skills trainers who will be leading or co-leading group as well as skills trainers who want to be oriented to the 2015 skills manuals. In addition, this course will be helpful for administrators/supervisors who are supporting DBT programs.

## COURSE OBJECTIVES

Following *Part One: How to Teach Core Skills in DBT*, participants will be able to:

- Describe the importance of mindfulness in regulating emotions
- Teach the Core Mindfulness What and How Skills
- Explain the difference between Crisis Survival Skills and Reality Acceptance Skills
- Describe the IMPROVE and ACCEPTS skills
- Teach reality acceptance skills
- List the skills in DEAR MAN GIVE and FAST
- List the levels of validation
- Describe the Middle Path Skills
- Explain the addictions skills in DBT
- Teach the model of emotion
- Describe the skills for changing emotional responses
- Create practices for DBT skills
- Provide examples of the DBT Skills

Following *Part Two: How to Structure and Run Skills Training Groups*, participants will be able to:

- Determine the appropriate group schedule for their population(s)
- Create the environment for a skills group
- Explain the group guidelines
- Assign helpful homework assignments
- Review homework with clients
- Use the skills training targets to determine how to treat therapy interfering behavior
- Stop therapy destroying behaviors when they occur in group

## COURSE SCHEDULES

### *Part One: How to Teach Core Skills in DBT*

- Week 1: Intro to Core Mindfulness, States of Mind
- Week 2: Core Mindfulness What and How Skills
- Week 3: Intro to Two Types of Distress Tolerance (Crisis v. Reality Acceptance), Changing the Body
- Week 4: Distress Tolerance - Changing Cognitions, Reorienting Attention
- Week 5: Reality Acceptance
- Week 6: Intro to Interpersonal Effectiveness, DEAR MAN
- Week 7: GIVE FAST (includes Validation)
- Week 8: Walking the Middle Path: Behavior Change, Dialectics
- Week 9: Addictions Skills
- Week 10: Model of Emotions/Check the Facts
- Week 11: Problem Solving/ Opposite Action
- Week 12: Mindfulness to Current Emotion/ Cope Ahead

### *Part Two: How to Structure and Run Skills Training Groups*

- Week 1: Overview of the Manuals
  - Choosing a Schedule
  - Setting up Group (logistics)
  - Roles of Leaders/co-leaders
  - Group Guidelines
  - Assigning Homework
- Week 2: Reviewing Homework, Including Practice During the Class
  - Dealing with Therapy Interfering Behaviors
  - Intervening with Therapy Destroying Behaviors

## COURSE REQUIREMENTS

Linehan, M.M. (2015). DBT Skills Training Manual, 2<sup>nd</sup> Edition. New York: Guilford Press.

Linehan, M.M. (2015). DBT skills training handouts and worksheets, 2<sup>nd</sup> Edition. New York: Guilford Press.

Each participant is required to have reviewed both manuals and have them available for reference throughout the 16 hours of *Core Skills in DBT*<sup>®</sup>. Because of copyright rules, participants will not be given handouts from the manuals. Both manuals are available through [Guilford Press](#) or [Amazon](#).

Technical requirements:

- A computer with internet access to view the recorded classes.
- Please review [WebEx requirements](#).

## TUITION AND REGISTRATION

Individuals: Tuition for the full course is \$100 (USD) per person.

Register online at <https://www.ticllc.org/registration.html>. Pay by credit card, PayPal or check (you do not need to have a PayPal account to pay online, just choose guest checkout to use a credit card or choose send a check payment method).

Checks payable to: Treatment Implementation Collaborative, LLC  
Mail to: 6327 46<sup>th</sup> Avenue SW, Seattle, WA 98136

## ABOUT THE INSTRUCTOR

**Annie McCall, MA, LMHC** began training in DBT as a graduate student at New York University in 1999. Since receiving her Masters degree in 2000, she has continued to develop her skills as a DBT practitioner, and has trained directly with DBT treatment developer Marsha Linehan, Ph.D. at the University of Washington. She has served as a DBT research therapist in three clinical trials at the Behavioral Research and Therapy Clinic, Dr. Linehan's research lab. She has a private practice in the Seattle area offering individual DBT and other cognitive behavioral treatments to adolescents and adults. She is the co-founder of Youth and Family DBT of Seattle, which offers multi-family DBT skills groups and parent coaching workshops. She specializes in exposure treatment for PTSD and other anxiety disorders.

In addition to her clinical work, McCall trains clinicians in the use of DBT as a contractor and consultant. She trained for Behavioral Tech, LLC from 2009-2012 and is now working with the Treatment Implementation Collaborative, LLC. She is a Washington State licensed mental health counselor.

*TIC is not responsible for any presenter's or participant's statements, acts, materials or omissions. The use of audio/video recording is not permitted at any training. TIC reserves the right to cancel the training or change the instructors and content at our sole discretion.*

::

If you have questions about registering for this course or about using WebEx, please contact Cindy Best at [cbest@ticllc.org](mailto:cbest@ticllc.org) or (206) 251-5157.

If you have questions about this or other training opportunities or would like to have TIC come on site for training or consultation, please contact Helen Best at [hbest@ticllc.org](mailto:hbest@ticllc.org) or (206) 251-5134.

**Treatment Implementation Collaborative, LLC (T.I.C.)**  
6327 46<sup>th</sup> Avenue SW, Suite 1A, Seattle, WA 98136  
[www.ticllc.org](http://www.ticllc.org)  
206-251-5134  
[Follow us on Facebook](#)